

Senior Sub-cabinet  
Health and Wellness Advisory Committee  
June 13, 2012  
White Oak Community Center  
Meeting Summary

Attendees: Odile Brunetto and Shawn Brennan, Montgomery County Area Agency on Aging; Phil Smakula and Dianne Smith, MC Department of Recreation; Wendy Friar and Sarah McKechnie, Holy Cross Hospital Community Health; Michael Patterson, MindRAMP; Veronica Everett, Medstar Montgomery; Anna Zaczynski, MGH Community Health; Roliette Gooding, Suburban Hospital; and Mary Sweeney, Charles E. Smith Life Communities; Renee Katz, Holy Cross Home Care and Hospice

Welcome and Introductions

Phil introduced us to the brand new White Oak Community Center. He and Dianne explained that the center will offer a full senior program, Monday-Friday from 9:00-3:00 with some evening offerings for folks still working. Senior Fit begins this summer. Bone Builders hopefully in fall. Montgomery College Lifelong Learning Institute will offer courses at the center.

Fall Prevention Campaign in September

Committee members discussed plans for events in September. Shawn indicated that she would help get the word out through press releases, the Senior News list serv, etc. GROWS members are also willing to distribute whatever information is available on the month's events.

Members brainstormed ideas to increase awareness such as to wear badges saying "We care about falls" or "Don't fall in the fall."

National Depression Screening Day:

Plans are being made for October 4, 2012. MCPL already on board. H&W advisory group members are urged to participate.

Some committee members expressed worry about encountering acutely suicidal individuals and wondered what resource materials will be distributed. Shawn to follow up.

From Shawn's August e-mail:

Katie Slye-Griffin, Executive Director of NAMI, said that last year nobody who screened positive was acutely suicidal or displaying symptoms of immediate urgency. Volunteers responded to positive screenings by encouraging folks to speak directly with their physicians.

In addition volunteers encouraged folks to take advantage of County-supported mental health services including those offered by Affiliated Sante, as well as the Montgomery County Hotline, a free, confidential 24-hour hotline offering crisis & suicide intervention/prevention.

To participate, contact Katie Slye-Griffin, Exec. Director of NAMI Montgomery County. Phone number 301-949-5852.

Healthy Montgomery

Committee members Veronica Everett and Wendy Friar serve on the steering committee. Priorities are obesity, diabetes, behavioral health, cardiovascular diseases and cancers. A data analyst is to begin in July. As a group, we should push for more age-related data. Also, let's encourage the behavioral health

committee to address dementia, perhaps in Sept/Oct. Ruth Martin is looking for volunteers to serve on this committee.

BTW, Maryland's most recent report is Services for People with Alzheimer's Disease and Related Disorders found at [http://www.alz.org/documents/maryland\\_plan.pdf](http://www.alz.org/documents/maryland_plan.pdf). The report indicates that in 2010 there were 15, 754 people with Alzheimer's disease living in the County.

#### Supporting Caregivers:

Discussed needed improvements to caregiving related info on the County's web page, including:

- Fix broken links (about ½ of the links are disabled).
- Include You Tube video segments to educate caregivers.
- Recruit a mass communications student to help.
- Once website is helpful and easy, use list serv to direct folks there.

#### Round Table:

Members made announcements about new initiatives and upcoming events of their organizations.

Examples:

- Mary announced that HOC will be releasing 1000 housing vouchers June 4-14<sup>th</sup>.
- HOC and Holy Cross continue to work on a project to decrease hospital re-admissions among HOC residents

#### Next Meeting:

The meeting will take place at Holiday Park Senior Center in Silver Spring on **September 12** from **3:00-5:00** p.m. Agenda will focus on falls prevention campaign, October depression screening, and improvements to County website related to caregiving.